

## Designing and planning a program

I feel that this is one aspect that is neglected by many coaches and is in fact one of the most important fundamentals of coaching.

The best way to go about is that of the IAAF coaching Manual in my experience.

The system is designed using an annual plan that consists of a macrocycle, period, phase, mesocycle and a microcycle.

<b>Macrocycle</b>	Planning over a long period, 52 weeks.
<b>Mesocycle</b>	Planning over a medium period, 6 to 8 weeks.
<b>Microcycle</b>	Planning over a short period, 7 days.
<b>Period</b>	Preparation or competition
<b>Phase</b>	General preparation, specific preparation, pre-competition or main competition.

The main focus of a mesocycle should be one of the following:

### **General prep**

General high volume conditioning – strength training.

### **Specific prep**

Focus on the specific event that the athlete will be doing ex 800m time trails and monitoring tests, speed improvement, strength training.

### **Pre competition**

Start racing over distance and under distance ex 1500m and 400m for 800m athlete, volume of work less and intensity higher.

### **Main competition**

Running of major races; less volume, high intensity.

### **Daily sessions**

Should also contain the details of the session, the training emphasis and the training load – rest/low/medium/high. Special care should be taken to keep a healthy balance between homeostasis, catabolism and anabolism.

# COACH WILLIE

**Athlete Name:** \_\_\_\_\_ **Age:** \_\_\_\_ **Male/Female** **Training Age:** \_\_\_\_  
**Events:** \_\_\_\_\_ **Best Performances:** \_\_\_\_\_  
**Previous year's best performance:** \_\_\_\_\_

<b>Annual Plan</b>	Single / Double / Multi						
<b>Period</b>	Preparation / Competition						
<b>Phase</b>	General preparation / Specific preparation / Pre-competition / Competition						
<b>Mesocycle</b>	Mesocycle # __						
<b>Microcycle</b>	Microcycle # __					Volume: __ km	
<b>Days</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Details of session</b>							
<b>Training emphasis</b>							
<b>Loading</b> Rest/Low/Medium/High							

